

Beefy Barley Stew

Makes: 6 Servings

Ingredients

6 ounces Beef, ground 90% lean
2/3 cup barley
2 1/4 teaspoons chili powder
1 1/4 teaspoons salt
1/4 teaspoon black pepper
1 1/2 Stalks of Celery, raw
1 1/2 Medium Carrots, raw
1 Small Potatoes, raw or frozen
1/4 cup catsup
1 1/3 cups water



Directions

1. Brown ground beef in 20-quart stock pot.
2. Pare potatoes and cube.
3. Rinse carrots and celery, slice.
4. Drain ground beef. Return to stock pot.
5. Add vegetables and remaining ingredients. Bring to a boil.
6. Reduce heat to a simmer. Cover and cook approximately 45 minutes or until carrots, potatoes, and celery are tender.

Notes

Serving size: 1 cup